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WHY THE PANAMA PAPERS MATTER.
WESTWOOD metroVIEWS

Liberals lose another one

MANITOBA ELECTION2016

'Rough week' as party slides to third in the polls

The Manitoba Liberal Party lost another candidate and received some bad polling news Monday — the latest blows in what party leader Rana Bokhari admitted has been a "rough week" leading up to the April 19 provincial election.

The Liberals fired Kurt Berger as their candidate in the Elmwood constituency, three days after The Canadian Press revealed Berger had pleaded guilty to assaulting a girlfriend in 2002. Berger was put on probation following the plea and given a conditional discharge.

Berger had been upfront about the incident when he applied to be a candidate, Liberal Leader Rana Bokhari said, but his former girlfriend contacted the Liberals on Monday with new accusations which Bokhari did not reveal.

"If it's he-said, she-said, and that's what this has become, then I have to side with the female," Bokhari said.

Berger said Monday the new accusations are not true, but he agrees it is best for him to drop out, especially out of concern for a child the couple had together and who lives with Berger.

"As much as I wanted to serve the province … I'm at a point where I want to protect those that I love," he said.

The Liberals have already lost other candidates and have failed to field a full slate of 57 for the first time since 1999.

A poll released Monday by Insight Manitoba suggests the Liberals have dropped firmly to third place at 15 per cent.

The poll pegged Progressive Conservative support at 42 per cent and NDP support at 22. Sixteen per cent were undecided. THE CANADIAN PRESS

Meet the next 10 finalists in the CBC Manitoba Future 40 project THE 2016 FUTURE 40 >>>

THE PEG'S NEW BREW CREW

New pub on tap after rules eased

metroNEWS

Owner Nicole Barry has opened the doors of her Peg Beer CO. brew pub in the Exchange District. STEPHANIE TAYLOR/METRO

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metro NEWS
Your essential daily news
Tuesday, April 5, 2016

A "perfect storm" of conditions in the 2014-15 flu season may have contributed to the lowest effectiveness of the influenza vaccine in 10 years, study says.

MANITOBA ELECTION

Parties promise tax cuts, training, to slash perks

Manitoba Progressive Conservatives are promising to cut taxes within a year of taking office if they win the April 19 election.

Tory Leader Brian Pallister says he will increase income tax brackets and index them to the rate of inflation in his first full budget year.

Most provinces already index tax brackets, and Pallister says Manitoba has fallen behind.

Pallister is also promising to raise the basic personal exemption toward the national average within his first term.

The Manitoba New Democrats are promising more job training if they are re-elected.

Party Leader Greg Selinger says an NDP government would cover course fees and living expenses for 1,500 new apprenticeship students each year.

He says the extra spaces would be targeted mainly at rural and northern communities, and would include training centres in the north as well as in the Parklands region.

The Manitoba Liberals are promising to cut benefits for legislature members if they form government.

Party leader Rana Bokhari says a Liberal government would eliminate car allowances for cabinet ministers and the opposition leader.

She is also promising to slash mailing budgets, which cover newsletters that politicians send to their constituents. METRO

IN BRIEF

Police arrest sex offender

Winnipeg police say they have arrested a man designated as a high-risk sex offender, who was wanted after breaching the terms of his release.

Police issued a news release Monday, saying Martin Louis Patrick, who is listed as a high-risk sex offender, was arrested last Friday afternoon, after he failed to return to his residence last week, effectively violating the terms of his release. METRO

Campers fuming after reservation system crashes

Manitoba campers trying to reserve spots for the summer hit a glitch with the province's online reservation website.

A technical issue caused the site to crash Monday, which was the first day to book. Several campers reported long delays and losing their spot in line.

The server was down for about 40 minutes before staff was able to reboot the system and it was back up and running. THE CANADIAN PRESS

Foster's gala coming to the MTS centre

CHARITY

Event to raise money for kids undergoing transplants

Braeden Jones
Metro | Winnipeg

When David Foster invites his friends to put on a show, two things happen: Big names perform, and a lot of money is raised.

With guests like Stevie Wonder and Steven Tyler, previous iterations of Foster's Miracle Concert and Gala in support of Canadians with children undergoing organ transplants have raised as much as $8.2 million in one fell swoop — and he's bringing the act to Winnipeg in September.

The event helps the David Foster Foundation cover non-medical expenses families with sick kids waiting for life-saving organ transplants incur, while also building awareness of the need for getting more names on the donor registry.

Foster calls the shortage — highlighted by a low two per cent donor rate in Manitoba — "such a solvable problem."

"If it was 100 per cent there would be no family that would ever have to wait for an organ donor," Foster said.

But with a 14 per cent donor rate nation-wide, that's not the case, leaving many families with big bills and little hope.

"(So) we are the hope," Foster said of his foundation, which has helped more than 1,000 families to date with everything from transportation costs to accommodation and clothing.

Nazdana Jan, 3, grins while her mother gets emotional at a press conference to announce the Miracle Concert and Gala Monday. BRAEDEN JONES/METRO

> **The doctor gets to say... 'There is this organization and they will help you... they will pay for everything.'**
> David Foster

The family of Nazdana Jan. 3, would agree.

Born in Portage La Prairie with a genetic disease that causes ammonia build-up in her body, she and her parents had to relocate to Winnipeg to be close to Health Science Centre, then relocate to Calgary for stem-cell treatment before ultimately receiving a liver transplant in Toronto.

While the province reimbursed the family for Nadana's flights and one of her parents, the David Foster Foundation helped with the rest. Foster said that's why he puts on the gala and concert to raise funds.

"The doctor gets to say ... 'There is this organization and they will help you ... they will pay for everything,'" he said.

The gala complete with red carpet arrival, gourmet dinner, pledge-drive and concert will be held Sept. 24, 2016 at the MTS Centre.

He's unable to announce who will be performing, but noted he's working on something "monstrous" that won't disappoint.

"I will deliver," Foster said.

The event at the museum also marked the launch of Transplant Manitoba's Sign Up for Life campaign, which encourages Manitobans to register as donors.

Meet 10 of Manitoba's FUTURE 40

If entries in this year's instalment of the Future 40 are any indication, Manitoba has a wealth of future leaders. CBC Manitoba and Metro received 137 nominations celebrating our next generation of leaders under the age of 40. Our judges have made the final cut. We'll reveal 10 finalists a day through Thursday. **CBC MANITOBA**

Tim Stevenson, 39
Category: Teaching and Health Care

Tim Stevenson, of Peguis First Nation, is a leader in indigenous cultural facilitation, and serves as Northern Indigenous Program Liaison at Food Matters Manitoba. He works with 18 northern communities, promoting indigenous foods as an important part of a healthy, modern diet and cultural well-being. He's engaged First Nations youth in creating documentaries and researching contaminants in traditional foods. He has delivered numerous presentations in Manitoba and Australia.

Shauna Labman, 38
Category: Teaching and Health Care

Shauna Labman is an international legal scholar and advocate for refugee rights. She has worked for the United Nations in India, the Canadian Embassy in Beijing, clerked at the Federal Court of Appeal and the Nunavut Court of Justice, and pursued her PhD at the University of British Columbia as a Trudeau Scholar. In September 2013, she joined the University of Manitoba as an assistant professor in the Faculty of Law. She co-founded the Migration Law Research Cluster, which brings in monthly speakers to the university.

Chris Johnson, 33
Category: Business and Entrepreneurship

Chris Johnson is the president of Permission Click, a Winnipeg startup that strives to save both teachers and parents time and hassle in the permission slip process. Permission Click was named Most Promising Startup of the Year by NACO and is featured in Innovation Alley, a documentary that aired last year on CBC Television. Chris has just recently closed a substantial round of investment to bring the company to the next level. As co-founder of StartUp Winnipeg, he mentors a number of fellow startups.

Kalynn Spain, 27
Category: Business and Entrepreneurship

Kalynn Spain single-handedly developed the Small Farms Manitoba food and product network after visiting more than 200 farms. She has developed networking relationships between farmers, food buyers, chefs, aspiring small farmers, and more. She has organized conferences, farm tours for urban eaters, developed an outstanding website and Facebook page, and has done exceptional marketing for the small farmers in this province who are working hard to get fresh local products to local eaters.

Dené Sinclair, 36
Category: Community, Social Activism and Volunteerism

As manager for global travel trade at Travel Manitoba, Dené Sinclair is the face of Manitoba, telling our stories to the world. Dené ensures this rich history and culture is infused in Manitoba's tourism industry, travelling across Europe, Asia, and North America and creating domestic, national and international partnerships with tour operators, travel agents and tourism agencies everywhere. Dené also volunteers with Manitoba Special Olympics and on the Boards of Manito Ahbee and Kidsport.

Erin Crampton, 37
Category: Business and Entrepreneurship

Erin Crampton — with her husband, Marc DeGagne — owns and operates Crampton's Market, a seasonal food store. Erin insists on paying farmers fairly for their hard work and excellent local produce. Erin visits every farmer to ensure sustainable, humane and transparent practices. Erin encourages new ideas and is continually doing research in Canada and the world regarding farming practices. She employs 25 people and is a wonderful partner for many local farmers and educated eaters.

Shania Pruden, 19
Category: Community, Social Activism and Volunteerism

Shania Pruden has been called many things: Youth activist, blogger, poet and a We Day speaker. In 2014, inspired by her personal experiences, Shania launched her blog to raise awareness of mental health, homelessness, poverty and aboriginal issues. Regardless of Shania's past, she never lets negativity stop her from helping others. She went from a young child with no goals in life to being one of the inspirational speakers at We Day 2015, speaking to a crowd of more than 16,000.

Jared Star, 29
Category: Community, Social Activism and Volunteerism

Jared Star grew up in Manitoba and, like some LGBT2SQ* youth, faced challenges with bullying, homelessness, addiction and the criminal justice system. He works at the Rainbow Resource Centre and helps make Manitoba a safer place for LGBT2SQ* youth. He's received several awards for his commitment to the community, including the GLBTT Chamber of Commerce student of the year, Cheryl Cruikshank Memorial Award and Snowy Owl Monarchist Society Community Development Scholarship.

Liane Veness, 39
Category: Arts, Culture and Entertainment

Liane is a registered architect who balances teaching at the University of Manitoba with her Winnipeg-based practice, WORK/SHOP. Three years ago, she started the independent architecture office and fabrication shop. Her work has garnered attention and awards like the Prairie Design award, Prairie Wood Design award and a Commerce Design award. Her office/shop was featured in an exhibition called Twenty+Change, NEXT GENERATION, which celebrates innovative Canadian practices that are setting new agendas through built work.

Karlee Sapoznik, 30
Category: Community, Social Activism and Volunteerism

Karlee Sapoznik is a human rights and social justice advocate, teacher, researcher and NGO leader. She conducts ground-breaking research and fosters healing and reconciliation with respect to residential schools and human trafficking. She led a research team that informed the final report of Canada's Truth and Reconciliation Commission. A professor at l'Université de Saint-Boniface, she created the school's course on residential schools. Her work on forced marriage informed Canada's national action plan.

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Tapping into local libations

FOOD AND DRINK

New brewpub in Exchange District looks to start a trend

Stephanie Taylor
Metro | Winnipeg

Sitting in the expanse of her latest brewery project, Nicole Barry says opening the doors of her new brewpub feels akin to a game of catch-up for Winnipeg's craft beer scene.

Located in the east Exchange District on the corner of Pacific Avenue and Lily Street, she hopes the former-machine-shop-turned-skate-park that is now PEG Beer Co. will be among the first of more brewpubs those craving a taste of something local can choose from.

"A brewpub in Winnipeg, that's awesome. But why don't we have more of them," she said Monday.

"We're just kind of hitting the bare minimum of what every other major city in North America has."

PEG Beer Co. founder and president Nicole Barry hopes her new brewery will grow local interest in craft beer. STEPHANIE TAYLOR/METRO

Barry says customers will have to wait another four to six weeks to taste the pub's own draught, as the brewery itself is still undergoing the last of renovations.

But since launching its soft opening last Thursday, serving guests beer and food, Barry says the reception has been nothing but positive.

That may come as no surprise, considering Barry herself is no stranger to the craft brewing industry.

Having helped founded Half Pints Brewing Company, along with fingerprints on other brewery projects, opening a brewpub was a natural next step to take in her career, she says.

"I love Winnipeg. And that's why it's called Peg Beer Company. Winnipeg is my home. It's where I was born and raised."

Starting a new business came with the expected aches and pains, Barry said, particularly when it came to wading through the city's burdensome permit approvals process.

But she says last year's changes to provincial liquor laws, allowing beer made in the pub to be sold off-site, and relaxing the ratios of food to booze sales, helped paved the way for her dream of a 130-seat brewpub, including full kitchen, to become a reality.

"The dining room licence is important to me because I'm a mom, and I want to be able to bring my kids here," Barry said.

When all is said and done, she says the pub will serve 12 beers on tap, including up to eight of its own brews, not to mention offer a whisky and wine list.

Her plan also includes having the four brewers on staff double as bartenders on a weekly basis, so to better connect patrons with the practice of brewing — and drinking — craft beer.

"It's not just the beer. It's not just the building. It's not just the community, but it's this holistic approach to craft beer," she says.

"I truly think that's what the difference is, that's the line in the sand between beer and craft beer."

EDUCATION

New high school in northwest sought

Braeden Jones
Metro | Winnipeg

The Winnipeg School Division is placing top priority on getting a new high school in the city's northwest corner, and requesting support for such a project from the province.

Trustees supported the division's five-year capital plan Monday afternoon and placed the new school at the top of a list of planned projects being submitted to the Public Schools Finance Board for funding consideration.

Spokesperson Radean Carter said the new high school would address "the need caused by families moving into the area."

A K-8 school is already approved for the Waterford Green subdivision, and Carter said the high school is the next logical plan to set into action.

The No. 2 priority is a new French milieu school for River Heights.

If spring's arrival is your cue to explore richer hues and bolder patterns, you owe it to yourself to see what's just arrived at Harry Rosen. Take Canali's Spring 2016 Collection, for instance. The brand's trademark razor-sharp tailoring is on full display, and in fabrics and colours that complement the warmer weather while dominating the boardroom. Piqued your interest? One of our clothing advisors would be pleased to show you the collection in person. Or if you prefer, visit us online at harryrosen.com, where you can chat, email or book an appointment with an advisor.

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Mexican flag waves atop Trump Tower

SOCIAL MEDIA

'It's Mexicans that built this tower,' worker declares

Emily Jackson
Metro | Vancouver

A Mexican-Canadian construction worker created an online sensation for flying a Mexican flag from the rooftop of the prestigious Vancouver Trump Tower over the weekend to poke at U.S. Republican presidential candidate Donald Trump.

Port Moody, B.C. resident Diego Reyna put up the Mexican flag in response to Trump's comments about Mexicans being criminals and rapists, according to his Facebook post that was shared over 5,000 times by Monday afternoon.

"It's Mexicans that built this tower. This building is standing here today thanks to us, to our work, our labour," Reyna said in a YouTube video that showcases the view from the swanky, soon-to-be-complete building in Vancouver's financial district.

"So there's a little present for Mr. Trump, so every time you judge us you can think, who is building your towers? We are."

The construction crew that built the 63-storey tower — one city councillor called it a "beacon of racism" after Trump suggested banning Muslims from the U.S. — included many Mexican labourers who worked on everything from the steel framing to the drywall, Reyna said.

"Mr. Trump, we did our best work, your tower here in Vancouver is premium quality, and we were a crucial part of it, not just Mexicans but immigrants as a whole," Reyna wrote, asking people to share his post so it makes it to Trump's newsfeed.

Reyna joins a chorus of more than 50,000 Vancouverites, including Mayor Gregor Robertson, who signed a petition asking developer Holborn to remove Trump's brand from the Arthur Erikson-designed tower.

Holborn CEO Joo Kim Tiah is overseas and could not immediately be reached for comment, but he has previously stated Holborn has contracts with Trump International that cannot be altered.

"Holborn, a company that has contributed immensely to the growth of Vancouver, is not in any way involved in U.S. politics. As such, we would not comment further on Mr. Trump's personal or political agenda, nor any political issues, local or foreign," according to a December statement from Holborn.

CLIMATE CHANGE

Polar bears losing weight

The world's southernmost population of polar bears has already lost significant amounts of body weight after decades of shrinking sea ice with breeding females suffering the most, says new research from the Ontario government.

"They're in poorer condition now than they were in the 1980s," said Martyn Obbard, of the province's natural resources department, one of the co-authors of the paper published by the National Research Council.

For decades, Obbard has been studying the roughly 900 bears that live along the northern Ontario coast from James Bay to the Manitoba boundary. Living on the southernmost fringe of polar bear habitat makes them uniquely vulnerable to climate change, he said.

For about three decades, the Hudson Bay ice season has been shrinking at the rate of one day a year. That means bears now spend roughly 30 days less on the sea ice than their ancestors back in the 1980s.

Reduced sea ice has already been shown to be causing problems for bears on the bay's western shores. THE CANADIAN PRESS

A polar bear and her cubs huddle in near Churchill, Man. THE CANADIAN PRESS FILE

EQUALITY

Panellist to develop shortlist of women for 2018 bank note

The Bank of Canada has appointed a group of people to develop a short list of Canadian women whose images could appear on a new banknote in 2018.

In announcing the panel Monday, the bank said it has received more than 18,000 submissions since issuing a public call for nominations last month. Those responses include the names of about 120 different women.

The advisory council will narrow the list to between 10 and 12 nominees and survey Canadians on those names. From there, the advisers will listen to expert advice as they trim the list further, to between three and five women.

Bank governor Stephen Poloz and Finance Minister Bill Morneau will discuss the final candidates, with Morneau making the ultimate call.

Poloz and Carolyn Wilkins, the bank's senior deputy governor, announced the council on Monday at an Ottawa elementary school named after astronaut Roberta Bondar.

"Banknotes aren't really just money — I like to think of them as being little pieces of art that tell Canada's story," Wilkins told students.

Left to right: Michael Redhead Champagne, Perdita Felicien, Dominic Giroux, and Merna Forster. THE CANADIAN PRESS

The council members are: writer Gurjinder Basran; Michael Redhead Champagne, youth activist and founder of AYO! (Aboriginal Youth Opportunities); Margaret Conrad, professor emerita, University of New Brunswick; Francine Descarries, sociology professor, Universite du Quebec a Montreal; Perdita Felicien, world champion hurdler; Merna Forster, historian and author; Dominic Giroux, president and vice-chancellor, Laurentian University.

Only one woman has been featured on the currency since the Bank of Canada started designing and producing notes in 1937: the Queen.

Prime Minister Justin Trudeau announced last month that a woman would be featured on the next issue of banknotes due out in 2018.

THE CANADIAN PRESS

RESIDENTIAL SCHOOLS

Records can be destroyed: Court

Survivors of Canada's notorious residential school system have the right to see their stories archived if they wish, but their accounts must otherwise be destroyed in 15 years, Ontario's top court ruled in a split decision Monday.

At issue are documents related to compensation claims made by as many as 30,000 survivors of Indian residential schools — many heart-rending accounts of sexual, physical and psychological abuse.

Compensation claimants never surrendered control of their stories, the Appeal Court said.

"Residential school survivors are free to disclose their own experiences, despite any claims that others may make with respect to confidentiality and privacy," the court said.

The decision came in response to various appeals and cross-appeals of a ruling by Superior Court Justice Paul Perell in 2014 related to claims made under the confidential independent assessment process (IAP) set up as part of an agreement that settled a class action against the government.

THE CANADIAN PRESS

A glimpse into how the rich hide their money

INVESTIGATION

Feds to study 'tax gap'

A senator who has crusaded against tax evasion has released recent correspondence from the revenue minister revealing the government's plan to determine how much money Canada loses to tax dodgers.

Revenue Minister Diane Lebouthillier says in a Jan. 20 letter to Sen. Percy Downe that her department will try to estimate the value of Canada's so-called "tax gap," the difference between what is owed in taxes and what is actually collected.

The senator was responding to the leak of 11.5 million records from Panamanian law firm Mossack Fonseca, the authenticity of which the firm has confirmed.

Lebouthillier's letter says Canada will work with the Organization for Economic Cooperation and Development, which uses the tax gap measure to help develop policies that target tax evaders.

But Downe said he won't cheer until the Canada Revenue Agency actually releases data to the parliamentary budget officer so he can begin measuring the gap. Downe said he that's why he plans to table a bill in the Senate next week that would require the government to measure the tax gap.

The Royal Bank said Monday it operates within the law and has policies to prevent tax evasion after reports said it used the Panamanian law firm whose leaked documents are said to reveal the use of offshore tax havens.

The bank said there are legitimate reasons to set up a holding company, but if it believes a client intends to commit a criminal offence by evading taxes, it would report that and not serve the client.

THE CANADIAN PRESS

PANAMA PAPERS

Shell companies used to obscure identities of true owners

A leak of 11.5 million documents from a Panama-based law firm offers a glimpse into the shadowy world where the rich and powerful hide their money, raising sharp questions about the use of shell companies that obscure the identities of their true owners.

Leaders of the Group of 20 — representing about 80 per cent of the global economy — have vowed to crack down on the practice, which is blamed for helping conceal money laundering, corruption and tax evasion.

By themselves, shell companies aren't illegal. Countries have tightened rules on using them — but not enough to satisfy anti-corruption activists.

News organizations working with the Washington-based International Consortium of Investigative Journalists have been processing the legal records from the Mossack Fonseca law firm that were first leaked to the Sueddeutsche Zeitung newspaper based in Munich, Germany.

In reports that began Sunday, they said the document dump that they dubbed the "Panama Papers" shows the hidden offshore assets of politicians, businesses and celebrities, including 12 current or former heads of state.

The law firm said in a statement it observed all laws and international standards covering corporate registrations.

Ramon Fonseca, a co-founder of Mossack Fonseca — one of the world's largest creators of shell companies — confirmed to Panama's Channel 2 that documents investigated by the ICIJ were authentic and had been obtained illegally by hackers. But he said most people identified in the reports were not his firm's direct clients but were accounts set up by intermediaries.

One of the most prominent subjects of the report is Russian President Vladimir Putin, although his name does not appear in the documents. ICIJ said on its website that the documents show how complex offshore financial deals channeled as much as $2 billion to a network of people linked to Putin.

The ICIJ said the documents involve 214,488 companies and 14,153 clients of Mossack Fonseca.

The data was from 1977 through 2015, the paper said. The newspaper and its partners verified the data's authenticity by comparing it to public registers, witness testimony and court rulings, Obermayer added.

"It allows a never-before-seen view inside the offshore world - providing a day-to-day, decade-by-decade look at how dark money flows through the global financial system, breeding crime and stripping national treasuries of tax revenues," the ICIJ said.

Panama "is the last major holdout that continues to allow funds to be hidden offshore from tax and law enforcement authorities," said Angel Gurria, secretary-general of the Organization for Economic Cooperation and Development, an organization representing mostly rich countries. It has been working with the G-20 to restrict the use of shell companies.

Reports based on the leak said Iceland's Prime Minister Sigmundur David Gunnlaugsson set up a company called Wintris Inc., in the British Virgin Islands in 2007 with his partner at the time, Anna Sigurlaug Palsdottir, who is now his wife.

He reportedly sold his half of the company to Palsdottir for $1 on Dec. 31, 2009, the day before a new Icelandic law took effect that would have required him to declare the ownership of Wintris as a conflict of interest.

Wintris lost money as a result of the 2008 financial crash that crippled Iceland, and is claiming a total of 515 million Icelandic kronur ($4.2 million) from the three failed Icelandic banks: Landsbanki, Glitnir, and Kaupthing.

THE ASSOCIATED PRESS

Police stand by as people protest against Iceland's PM Sigmundur David Gunnlaugsson in Reykjavik on Monday. AFP/GETTY IMAGES

LEADERS

Among the countries with past or present political figures named in the reports are Iceland, Ukraine, Pakistan, Saudi Arabia, Russia and Argentina.

IN CANADA

Revenue agency told to get leaked information

Canada's tax collectors want to get their hands on the so-called Panama Papers, a vast collection of documents that lays bare details of offshore accounts and tax shelters.

Hours after media outlets around the globe went public with the internal records of a Panamanian law firm that specializes in hiding money in tax havens, Revenue Minister Diane Lebouthillier instructed officials at the Canada Revenue Agency to get the information.

TORSTAR NEWS SERVICE

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Cold-fX makers misled public: Suit

MEDICINE

Customers exposed to health risk, documents say

Boxes of Cold-fX medication THE CANADIAN PRESS

The makers of Cold-fX are in court fighting allegations they ignored their own research and misled consumers about the short-term effectiveness of the popular cold and flu remedy.

Valeant Pharmaceuticals will oppose an application in British Columbia Supreme Court to grant the lawsuit class-action status.

Vancouver Island resident Don Harrison launched his original claim in 2012 against Valeant and its subsidiary, Afexa Life Sciences, over advertising saying that Cold-fX offered "immediate relief of cold and flu" if taken over a three-day period at the first sign of symptoms.

Harrison's notice of claim said Valeant and Afexa continued to "knowingly or recklessly" promote Cold-fX despite evidence the natural-health product only had a possible positive impact after being taken daily for prolonged periods of two-to-six months.

Valeant also unnecessarily exposed its customers to a health threat by distributing a useless drug with a risk of adverse side effects, he said.

In a statement, the Laval, Que.-based company said it denies the accusations being made against it and will fight the application for class-action certification.

"Valeant believes the suit is without merit and is vigorously defending this matter," read the document. None of the allegations have been proven in court.

Afexa is the original manufacturer and licence holder of Cold-fX and was bought by Valeant in 2011.

Harrison's lawyer John Green also alleged Valeant and Afexa kept quiet about an internal study conducted in the early 2000s that contradicted the health claims around Cold-fX.

"The defendants knew at least as early as 2004, when they had a study done themselves, that Cold-fX might be even less effective than a placebo," he said.

"The study actually showed the placebo to be more effective at relieving (some) cold symptoms than Cold-fX."

The study found the product effectively reduced the severity of a runny nose during the early days of a respiratory infection, but that it had limited efficacy in treating other symptoms, particularly a cough and stuffy nose.

THE CANADIAN PRESS

ELECTRIC CAR TESLA ORDERS STILL RIDING A sales rep, left, helps a customer pre-order the Tesla Model 3, in Santa Monica, Calif., on March 31. Tesla Motors' CEO Elon Musk says worldwide orders for a new lower-priced electric car hit 276,000. Musk posted the number Sunday on his Twitter feed. He says if the trend continues orders will hit 500,000. Tesla's new Model 3 starts at $35,000 and has a range of 215 miles per charge. Customers must put down $1,000 to order the cars, which go on sale in late 2017. AFP/GETTY IMAGES

AIRLINES

WestJet could see lawsuit over alleged harassment

A WestJet plane in Richmond, B.C. THE CANADIAN PRESS

A former WestJet flight attendant already embroiled in a legal dispute with the airline has launched a second lawsuit, accusing the company of fostering a corporate culture that tolerates harassment against female flight attendants and silences alleged victims.

Mandalena Lewis said she decided to file the latest lawsuit, potentially a class-action case, after former colleagues came to her with stories of workplace harassment when her initial complaint became public.

"The common denominator was definitely fear. They were afraid to say anything for fear of losing their jobs, which is really sad and just shows there's a bigger problem that needs to be addressed," Lewis said. "It's 2016 and we are still facing a huge injustice in our workplace environment. To say that WestJet has failed to create and maintain a safe work environment is incredibly accurate."

She launched a separate suit against WestJet earlier this year over allegations the airline didn't take proper action after she reported being sexually assaulted by a pilot while on a stopover in Hawaii. THE CANADIAN PRESS

market minute

DOLLAR 76.50¢ (-0.34¢)
TSX 13,336.15 (-104.29)
OIL $35.70 US (-$1.09)
GOLD $1,219.30 US (-$4.20)

NATURAL GAS: $1.998 US (+4.2¢)
DOW JONES: 17,737.00 (-55.75)

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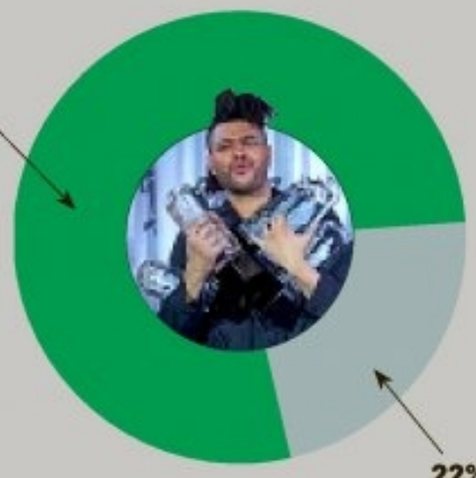
metro VIEWS
Your essential daily news
Tuesday, April 5, 2016

METRO POLL

Do you rock with the Junos?

Glitz and fame or kitsch and shame?
The Juno Awards ceremony aired on Sunday. While some Canadians say the show provides our homegrown music industry with a much-needed injection of glamour, others think it's an unconvincing and ultimately embarrassing attempt to be something that we're not. We asked for your take, and your indifference to the event came through loud and clear.

1 Did you watch the Junos on Sunday?



2 What do you think of the Junos, generally?

44% Don't care. We're talking about an awards show. Yawn.
31% Love them. Let's celebrate our world-class talent!
25% Can't stand them. Just a poor facsimile of the Grammys.

WE ASKED Metro readers

Honestly, I thought it was one of the better Juno shows in years.

Didn't watch. The Walking Dead was on at the same time.

Why watch celebrities pat each other on the back for hours on end?

I watched because I prefer Canadian culture to that cp that comes from the U.S.!**

I paid $500 for two tickets a few years ago and it was drab. I expected Hollywood lol! It was not.

I tend to be most interested in classical music and jazz. There's too little coverage of that to interest me in most music awards shows.

visit metronews.ca
HAVE YOUR SAY

Election 2016: Wake me up when it's finally over

INSIDE THE PERIMETER
Colin Fast

With just two weeks left until provincial election day, there's really only one word that can sum up the campaign so far.

Zzzz.

This election has been a complete and utter snoozefest, which is exactly what Brian Pallister and the Progressive Conservatives want, as they're cruising to one of the easiest victories in Manitoba political history.

The Tories have been ahead in the polls for three years — ever since Greg Selinger's PST surprise — and have run the most professional campaign of the three major parties. At this point, the only way Pallister doesn't become premier in a couple of weeks is if he releases an album full of questionable rap lyrics or promises to sell the Jets to Arizona again.

It's easy to spot the Tories around town these days. Far from the stereotype of the angry conservative, these folks are downright giddy about the prospect of returning to power after more than 16 years in opposition. Pallister himself spoke at a Manitoba Chambers of Commerce breakfast last week, and appeared relaxed, confident and in good humour.

By contrast, the NDPers look miserable. Their attacks on Pallister aren't getting traction with the public and their daily commitments of millions for this project or millions for that program aren't doing the trick either. Many are just playing out the string until election day, and looking ahead to renewing the party afterwards.

As for Selinger, the most enthusiasm he has displayed all election is when he filmed a clip for CBC French of him cooking macaroni and cheese with his son. They should probably have a lot more time to cook together in the weeks ahead.

And the Liberals? They just seem lost. They lost five candidates last week, lost an entire year in their fiscal plan, and lost their minds when they suggested spending $20 million to build a year-round fresh-food market in a refurbished heritage building in downtown Winnipeg.

If that idea sounds familiar, it's because it already exists. It's called The Forks.

While the Liberals have added some much-needed levity to the campaign, they've drifted so far off message that leader Rana Bokhari has spent more time fighting with the media than fighting for votes.

If the parties had played their cards differently, this election could have offered the excitement of a bona-fide three-way race, or a chance for the Liberals to leap into opposition-party status and send the NDP into political purgatory.

But unless someone wakes up and makes a big move soon, the PCs can pretty much put this election to bed and start dealing with their first big challenge as a government: "How are we going to fit all these MLAs into our caucus meetings?"

Colin Fast is a communications specialist and freelance journalist in Winnipeg. Find him @policyfrog on Twitter

ROSEMARY WESTWOOD

metroview

Panama Papers unite the world in an era of economic separation

Equal proximity.

That is what I have, and you have, along with people in Mexico, Indonesia, Pakistan, or Australia, to the revelations of the Panama Papers.

The massive leak of documents from a secretive Panamanian law firm exploded into the news cycle on Sunday. Since then, citizens in 78 countries have been learning how tax havens are impoverishing their nations while enriching the already rich.

An incredible 107 news organizations around the world collaborated on these documents in a yearlong investigation. The number of journalists on the project was 376. So editors at each participating outlet would have seconded an average three journalists, for a full year, to investigate the document's leads.

In an age of global media belt-tightening, where investigative journalism is increasingly too costly for some, that is significant. It says something about the scope and impact of global income inequality that this is a massive story right around the world.

I've balked at the rhetorical transformation of "citizens" into "taxpayers." It puts too much emphasis on how much we pay out; too little on how much we help each other. It trivializes our shared communities, in favour of elevating individual pet peeves.

But as these documents show, we're not even all taxpayers. Any Canadian can legally set up a shell company in a tax haven and avoid paying a fair share of their wealth. The practice is both legal and abominable. It's costing Canadians an estimated $6 billion a year. And our outrage is shared by people in other nations, reading their own localized version of the same story.

"The Panama Papers: Secrets of the Super Rich" ran the ABC network's special program in Australia. "Foreign deals of Kenya's big names exposed" ran a headline in Kenya's the Daily Nation.

There were headlines in the German newspaper Süddeutsche Zeitung, Rede TV in Brazil, Prosecso in Mexico, Tempo in Indonesia, the Miami Herald and Alalam Alijadeed in Iraq. It would take a whole column just to name all the collaborators.

Under each headline, the same basic story: how secret financial practices undermine confidence, to whatever extent it exists in each nation, in the idea that we are all treated equally by government.

An especially cynical colleague doesn't think this gargantuan journalistic effort will bear much fruit. And it's true that the very rich have always played with a different set of cards. But perhaps we are in a new era of globalized outrage over income inequality? And maybe, on the wave of that outrage, we can change some of the rules of the game.

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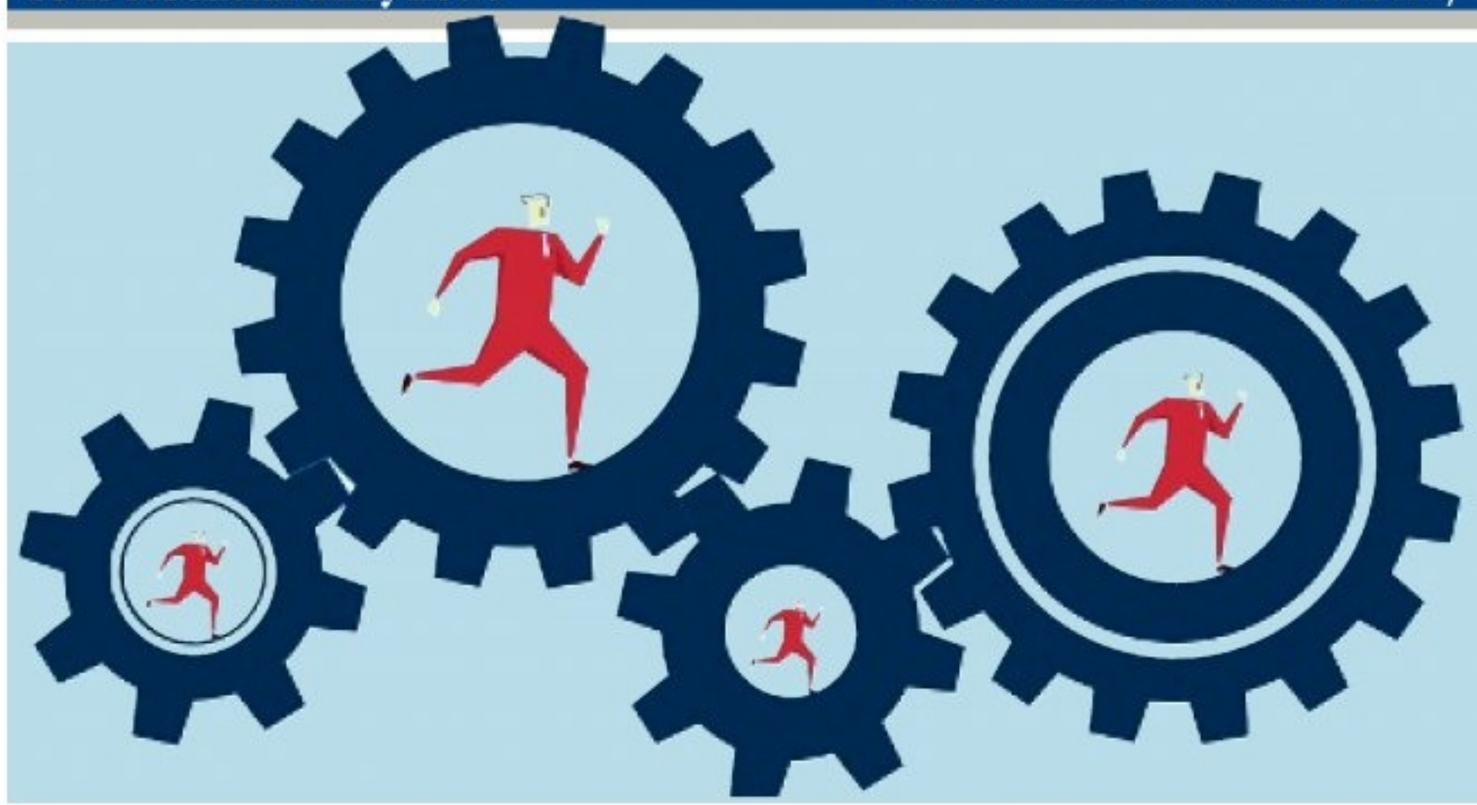
Your essential daily news

Yves Saint Laurent names Anthony Vaccarello creative director, replacing Hedi Slimane



‘Nobody likes being a cog in the machine’

SMARTER BETTER FASTER

Author says feeling in control boosts productivity

Megan Haynes
For Metro Canada

As he raced to finish his first book, The Power of Habit, author Charles Duhigg felt like he was stuck on a treadmill of emails. “It felt like the harder and faster I was running, the farther behind I was falling,” he says. “Working harder and making bigger sacrifices didn’t get me out from underneath the avalanche.”

While that wasn’t a pleasant experience, it did inspire his next book about productivity, Smarter Faster Better. Metro spoke with him about why control is important for motivation, tips to filtering out distractions and why being productive doesn’t mean being more efficient.

How are productive people better at getting things done?

The most productive people tend to tell themselves a story about what’s going on as it goes on. They spend 10 minutes each morning visualizing what’s going to happen each day. So when they’re in a situation where they have to decide “should I pay attention to this or should I ignore it?” it’s easy for them to make that decision because they have some story in their head about how their day is supposed to go, whereas the rest of us just react.

What can nursing homes and the concept of control teach us about motivation and productivity?

> **It’s not about being busier. It’s about making better choices.**
>
> Charles Duhigg on enhancing productivity

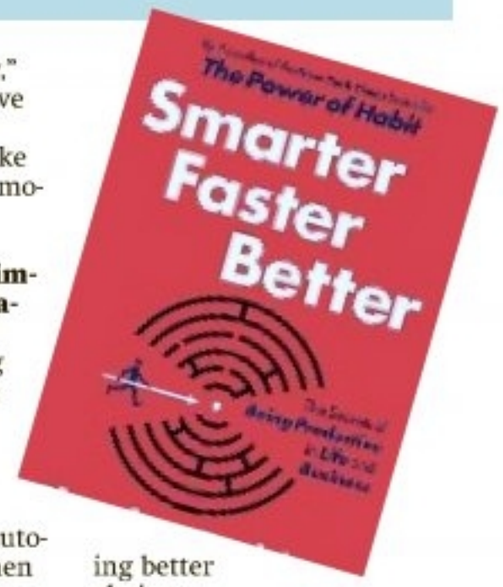
There was a question researchers asked in the 1980s: Why (do) some people move in to nursing homes and lose all motivation, essentially waiting to die, (while) others started exercising more, eating healthily and maintaining relationships with friends?

Those who were motivated to live would almost go out of their way to break the rules. (At this one nursing home) where everyone had an assigned meal, this one group of residents would trade all their food. This one guy loved chocolate cake, but instead of eating the cake he got every night, he would trade it for a fruit or a brownie. He said “I would rather eat a meal of my own design than eat the best chocolate cake that was forced on me.” That’s why this group of residents could motivate themselves. They kept looking for choices to prove they were still in control of their own lives. When you’re in your office inundated with emails and you feel like you just have to hit “reply, reply, reply,” finding some way to prove you’re still in control — some choice you can make — that’s how you spark motivation.

Why is control such an important factor in motivation and productivity?

Nobody likes being a cog in a machine. That’s one of the things that’s happened in the last 30 years we’ve often times mistaken efficiency for productivity. The more automatic we can make it, then that must mean it’s more productive. The busier I am, the more productive I am.

It’s actually the opposite: the more I can think “what’s the right way to spend my time? Do I have control over the choices I’m making?” that’s where productivity comes from. It’s not about being busier. It’s about making better choices.



Is productivity getting your kids to school as fast as possible so you can get to your desk and start getting work done? Or is it having the time to walk with your kids to school so you’re more relaxed. (You have to define) what is productivity to you.

TRANSIT TUESDAY
Weekly Transit News Update

HARSHER PENALTIES FOR TRANSIT ASSAULTS

Winnipeg Transit will be rolling out a new awareness campaign to remind the public about changes to the Criminal Code of Canada (Bill S-221) which aims to further protect public transit operators. Under the new law, threatening or assaulting a transit operator shall be considered an aggravating offence by the court when imposing a sentence for the offence.

Bill S-221 amended the Criminal Code to create a new aggravating factor for the purpose of sentencing offenders convicted of five specific offences and where the victim was at the time of the offence, a public transit operator engaged in the performance of his or her duty. The five specific Criminal Code offences include:

- Uttering threats
- Assault
- Assault with a weapon or causing bodily harm
- Aggravated assault
- Unlawfully causing bodily harm

The "Your Next Stop" campaign features a photo of a jail cell with the following line, "Assaulting a bus driver could make this your next stop." The campaign will be seen on buses, transit shelters and benches.

PARK AND RIDE... AND RELAX!

Simply park your car at a Park & Ride location near you and take the bus to your destination. You'll enjoy the convenience, plus, save a few bucks in gas while you're at it. Visit winnipegtransit.com for more information.

CONVENIENT DART SERVICE

Try Dart, the "Dial-A-Ride Transit" service for residents living in selected areas of South and South East Winnipeg. DART buses operate during off-peak hours only and are cell phone equipped. Call 204-287-3278 (BUS-DART) and speak directly to the bus operator to arrange pick up from your home to/from a transfer connection. Please call well in advance of your trip. All rides are scheduled on a first-come, first-served basis. Visit winnipegtransit.com or call 311 for more information.

DID YOU LOSE OR FIND SOMETHING ON THE BUS?

Call 311 or visit our Lost Property Office at Winnipeg Transit's Downtown Service Centre located in Winnipeg Square.

There's a new law in the Criminal Code of Canada.
Threatening or assaulting a transit operator could now result in more serious criminal charges and longer jail terms.

Winnipeg winnipegtransit.com

Sit, stand and repeat for optimal health

MOVEMENT

This fun and simple exercise has many benefits

YuMee Chung
Torstar News Service

We all know the importance of staying fit, but did you know that doctors are now saying that your level of musculoskeletal fitness is a strong predictor of longevity?

This seemingly simple exercise based on the sitting-rising test designed by Brazilian physician Claudio Gil Araujo. It's a decent measure of flexibility, balance and strength and a graceful way to get up and down from the ground.

Get Up, Stand Up

1. Begin in a seated position on the floor with right ankle crossed snugly in front of left and the feet within inches of each other.

2. Attempt to stand up without using the hands for support. Start slowly and be prepared to put a hand down if you lose your balance.

3. Keep the ankles crossed as you lower yourself back down to a seated position.

4. Switch sides.

5. If you stood easily, without losing your balance, try this more challenging version: step the soles of the feet down on the ground with the inner big toes touching. Think standing feet.

6. Attempt to rise without using the hands for support. You will need to widen the knees away from your midline, reach your arms out in front, and rock your weight forward to gather a little momentum for this challenge. Again, be prepared to catch yourself.

7. Lower yourself to a seated position without moving your feet.

8. Switch sides.

Do this exercise on a regular basis to maintain mobility, coordination and muscle strength, and to decrease the risk of dangerous falls as you move into your golden years. According to a study by Brazilian physician Claudio Gil Araujo published in the European Journal of Cardiovascular Prevention, a simple test called the sitting-rising test (or SRT) can predict your chances of dying an early death.

Offering an explanation for the close correlation between the test scores and survival, Dr Araújo said: "It is well known that aerobic fitness is strongly related to survival, but our study also shows that maintaining high levels of body flexibility, muscle strength, power-to-body weight ratio and co-ordination are not only good for performing daily activities but have a favourable influence on life expectancy."

YuMee Chung is a recovering lawyer who teaches yoga in Toronto. She is on the faculty of several yoga teacher training programs and leads international yoga retreats. Learn more about her at padmani.com.

BABY BOOMER HEALTH

Risky actions not cause of Hep C peak: Study

Canadian researchers have determined the peak of the hepatitis C epidemic in North America occurred about 15 years earlier than previously believed, suggesting it wasn't youthful indiscretions that put baby boomers at a high risk for the disease.

And that means, say researchers, that all those who belong to the post-Second World War generation should be screened for the potentially deadly infection, which can take up to 50 years to manifest symptoms.

An estimated 300,000 Canadians are infected with hepatitis C, with baby boomers — the generation born between 1946 and 1964 — making up about 75 per cent of cases. Over time, hepatitis C can severely scar the liver, leading to cirrhosis, and is a known cause of liver cancer as well as liver failure.

It was long thought that boomers who were infected with the blood-borne virus likely contracted the disease in their late teens or early 20s, due to such risky behaviours as IV drug use or sexual experimentation.

STIGMA

Dr. Julio Montaner suggested stigma associated with hepatitis C — arising from the belief the infection was contracted due to IV drug use or "rough sex" — has been misplaced. "So hepatitis C testing has always carried a certain degree of stigma and it's been a difficult conversation," he said.

But a study by B.C. researchers found the peak of the hepatitis C epidemic occurred about 1950, when many baby boomers were young children, and had plateaued by 1960 — well before the zenith of injection drug use at the end of that decade.

The oldest of the baby boomers were just five years old at the peak of the epidemic.

"The spread of hepatitis C in North America occurred at least 15 years earlier than it was suspected before, and if that is the case, the baby boomer epidemic ... cannot be explained by behavioural indiscretions on the part of the baby boomers," said co-investigator Dr. Julio Montaner, director of the BC Centre of Excellence in HIV/AIDS.

"We suspect that this is more likely attributable to medical practices at the time," said Montaner, explaining that hepatitis C hadn't yet been identified and injections and blood transfusions were given employing reusable glass-tube syringes and metal needles, which were subject to contamination despite boiling.

"The baby boomers in North America ought to be offered hepatitis C screening," he said, "not because they did anything wrong but because they are baby boomers, and so they were alive at a time in which the standard of care was such that we are all potentially at risk of having contracted hepatitis C."

A plateau in the spread of hepatitis C infections was observed between 1960 and 1990, consistent with the hypothesis that changes in injection technology were a driving factor.

Montaner suggested that stigma associated with a diagnosis of hepatitis C — arising from the belief the infection was contracted due to IV drug use or "rough sex" — has been misplaced.

"So people have been generally not coming forward to test, and physicians had usually not been offering hepatitis C screening very readily," he said.

THE CANADIAN PRESS

Mike Smith, centre, better known as Bubbles from the Trailer Park Boys — posing with John Paul Tremblay, as Julian, left, and Robb Wells, as Ricky, right — denies committing a misdemeanour offence for which he has been charged. THE CANADIAN PRESS FILE

'No bad feelings' actress says after quitting the show

TRAILER PARK BOYS

DeCoutere says cast and crew are still her friends

Former Trailer Park Boys actress Lucy DeCoutere insists she remains friends with the cast and crew of the show she has resigned from despite saying her departure was linked to the arrest of a co-star in the U.S.

DeCoutere announced her resignation on Twitter on Saturday and said it was connected to one of the show's principal actors being charged with misdemeanour domestic battery a day earlier.

A publicist for the Trailer Park Boys, however, reportedly said DeCoutere told the show's producer a few weeks ago that she would not be returning next season.

Late Sunday night, DeCoutere said it had been an "extremely tough" weekend.

"The TPB cast and crew are still my friends and there are no bad feelings between us," DeCoutere tweeted before adding. "I am floored by the hundreds of derogatory, cruel and heartless messages I've read. For those who are being kind? Rock on! You make TPB fun."

DeCoutere has become a well-known figure across the country after testifying against former CBC broadcaster Jian Ghomeshi at his sexual assault trial. He was found not guilty last month.

DeCoutere's co-star, Mike Smith, who played the character Bubbles on the cult comedy show, was arrested in Los Angeles on Friday, booked on suspicion of misdemeanour domestic battery and released hours later on bail.

He denied any wrongdoing in a written statement, saying the woman involved in the incident was a friend of his with whom he had a "loud and heated dispute."

"At no time did I assault her. I am not guilty of the misdemeanour charged against me," he said.

In the same statement, which was issued by the "Trailer Park Boys," a woman who says she was described as the alleged victim in the incident also denied the police allegations.

"It saddens me the way things are being reported and the way it was handled by the police," the woman is quoted as saying "At no point did I feel I was in danger."

After news of Smith's arrest surfaced, DeCoutere tweeted: "If I find out that somebody is abusive, I cut them out of my life" and then announced she was leaving the show.

THE CANADIAN PRESS

> **I am floored by the hundreds of derogatory, cruel and heartless messages.**
> Lucy DeCoutere

JOHANNA SCHNELLER
WHAT I'M WATCHING

Casual series explores brother-sister bond

THE SHOW: Casual, Season 1, Episode 1 (Crave/Hulu)
THE MOMENT: The opening scene

Casual is about a brother/sister relationship that's rarely explored on screen. CONTRIBUTED

Valerie (Michaela Watkins) and Alex (Tommy Dewey), brother and sister, are at their father's funeral, talking smack.

"Her husband tried to kill himself last year," Valerie says about one woman.

"That makes sense," Alex responds, then gestures to his dad's corpse. "He'll be forgotten in a week." He wakes with a start. It's just a dream.

Later, Alex — a louche bachelor who's created a dating site — relates the dream to Valerie, a psychiatrist who recently separated from her husband and moved into Alex's house with her teenage daughter. "Everyone's so awful, it's impossible not to sh*t on them," Alex says. "Even in my dreams I don't relate to people."

Valerie's equally damaged. When Alex urges her, "Go be with somebody," she replies, "I don't know if I can."

As they say in screenwriting, Theme Stated. In a few swift scenes, we know exactly what this series, from creator Zander Lehmann and producer Jason Reitman, is about: A relationship that's rarely explored on screen (brother/sister) is the only one these two can manage. We'll watch for its snappy one-liners — "The whole faculty is depraved," a high-schooler says. "They're like Eyes Wide Shut on minimum wage" — and to see if the two leads will soften and grow.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

YOU'RE MORE THAN ONE THING.
SO ARE WE.

metro SPORTS

"Man, I am a Hall of Famer and that's all you can think about — me saying practice": Allen Iverson who still takes flak for his 2002 "practice" rant

Canada sitting pretty at world championships

CURLING

Calgary rink leads the field with 5-0 record

After a frustrating opening weekend, Canada has found its groove at the men's world curling championship.

Kevin Koe's Calgary rink improved to 5-0 with a pair of convincing wins Monday, a 5-3 victory over Scotland and a 9-2 rout of Japan.

The two comfortable performances in Basel, Switzerland, should do wonders for Canada's confidence after a pair of shaky extra-end wins on Sunday, especially with an early match coming against Germany on Tuesday morning.

"Obviously we played well tonight," said team coach John Dunn. "And we're in the middle of this three-games-in-a-row stretch right now, so any time you get the opportunity to shake hands early and get to bed early, and with our first morning game tomorrow, the timing of this is pretty good."

Canada's win over Japan, coupled with the United States' surprising 8-3 rout of defending champ Sweden, left Koe's rink alone atop the round-robin standings after eight draws.

Norway and Sweden were tied for second at 4-1, with Denmark, the U.S., and Japan in fourth at 3-2.

Canada did most of its damage against Japan through steals. After being forced to a single to open the scoring in the second end, Canada ramped up the pressure in the third. Koe made a perfect draw that forced Japan skip Yusuke Morozumi to attempt a double raise takeout. He overcurled the attempt, leaving Canada with a steal of two.

It got worse in the fourth end when Canada simply kept piling red rocks into the rings, leaving Morozumi looking at six of them with his final-rock draw attempt. He came up well light, allowing Canada to steal five.

Canada would steal another in the fifth end, and the teams shook hands after Japan salvaged a sixth-end deuce thanks to a double-takeout from Morozumi.

"That feels nice to get a bit of an easier win," Koe said. "They made some good shots early to keep them in it. It looked like we were going to get 'em for three in the second (before Morozumi bailed out his team). But we didn't get frustrated, we kept the heat on them and eventually he missed a couple big ones."

The score was closer against Scotland, though the win was still less frenetic than Sunday's 11th-end nail-biters against Denmark and the U.S.

Canada, which includes third Marc Kennedy, second Brent Laing lead Ben Hebert and alternate Scott Pfeifer, closed off the match with two points in the ninth after the teams battled through three blank ends. THE CANADIAN PRESS

Kevin Koe skipped his Calgary rink to wins over Scotland and Japan on Monday.
GEORGIOS KEFALAS/KEYSTONE VIA THE ASSOCIATED PRESS

4

Canada is looking to end a four-year championship drought. Glenn Howard won Canada's last title in 2012.

NHL

Panarin tops 3 stars list

Chicago left-winger Artemi Panarin, San Jose defenceman Brent Burns and Pittsburgh goaltender Matt Murray have been named the NHL's three stars of the week.

Panarin led the league with eight points (three goals, five assists) as the Blackhawks won two of three games to clinch a playoff berth.

After being held off the scoresheet in a 4-1 loss to the Minnesota Wild, Panarin ended the week with back-to-back four-point performances in wins over Winnipeg and Boston.

Artemi Panarin
GETTY IMAGES

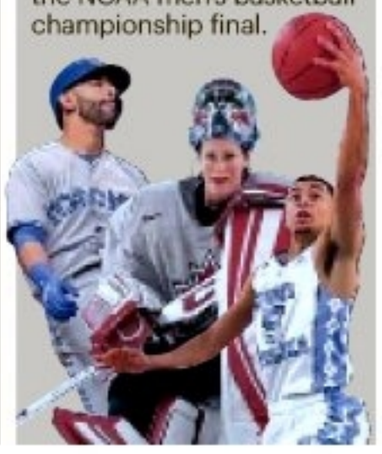
Panarin became the first rookie in Blackhawks history to record consecutive four-point games, and the first rookie on any team to do so since Capitals forward Nicklas Backstrom in 2007-08.

Burns led all defencemen with seven points (one goal, six assists) in four games.

Murray went 3-0-0 with a 1.95 goals-against average, .929 save percentage and one shutout as the Penguins posted four victories over the week to extend their overall winning streak to six games.
THE CANADIAN PRESS

MORE SPORTS

Go to metronews.ca for coverage of the women's world hockey championship gold-medal game between Canada and the U.S., the Blue Jays' game at Tampa Bay and the NCAA men's basketball championship final.



MLB

Span comes up big in his Giants debut

Madison Bumgarner felt under the weather on opening day.

The San Francisco Giants' hitters had something "contagious" going, too.

Denard Span homered and drove in five runs in his San Francisco debut, and the Giants beat the Milwaukee Brewers 12-3 on Monday despite a sluggish start from ailing ace Bumgarner.

Span hit a three-run shot with two outs in the eighth inning and Joe Panik and Buster Posey followed with home runs off reliever Ariel Pena.
THE ASSOCIATED PRESS

Denard Span drove in five runs on Monday.
TOM LYNN/THE ASSOCIATED PRESS

NFL IN BRIEF

Panthers re-sign tackle

The Panthers have re-signed backup defensive tackle Kyle Love to a one-year contract.

Financial terms were not released Monday.

Love played in 15 games with two starts in 2015 for the NFL's sixth-ranked defence. He had 19 tackles, three sacks, four quarterback pressures and one fumble recovery.

The Panthers have also signed punter Michael Palardy to a one-year contract. THE ASSOCIATED PRESS

NHL

Scott expects short stint with Habs

John Scott only expects his latest stint in the NHL to last one game.

"Unless I score a hat trick," he told reporters with a laugh.

Scott will play an NHL game for the first time since being traded to Montreal, and the first time in over four months, when the Canadiens host the Florida Panthers on Tuesday.

"I'm glad I can get into a game," Scott said. "The fans (in Montreal) have always been the best. I've been here a few times and it's just one of the best arenas to play at, so I'm excited to be on the home side of it this time." THE CANADIAN PRESS

ALL-STAR HERO

After being voted into the NHL all-star game by way of a write-in campaign, Scott was named the showcase's most valuable player.

RECIPE Blueberry Coconut Stuffed French Toast

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

Treat yourself to a decadent breakfast-for-dinner tonight.

Ready in
Prep time: 10 minutes
Cook time: 10 minutes

Ingredients
- 6 Tbsps mascarpone cheese
- 2 tsps fresh lemon juice
- 1/4 tsp zest of lemon
- 1 tsp coconut sugar (or regular)
- 1/2 cup fresh blueberries, pureed
- 4 slices thick multigrain bread or challah
- 4 eggs
- 1/2 cup of coconut milk
- 2 tsps vanilla extract
- 1/4 cup unsweetened coconut flakes for garnish
- fresh blueberries for garnish
- maple syrup
- butter for pan

Directions

1. In a bowl mix the mascarpone cheese, lemon juice, zest and sugar. In a blender puree the blueberries. Stir the blueberry mixture into the cheese mix.

2. In a bowl that you can sink your bread into, whisk the eggs, milk and vanilla. Set aside.

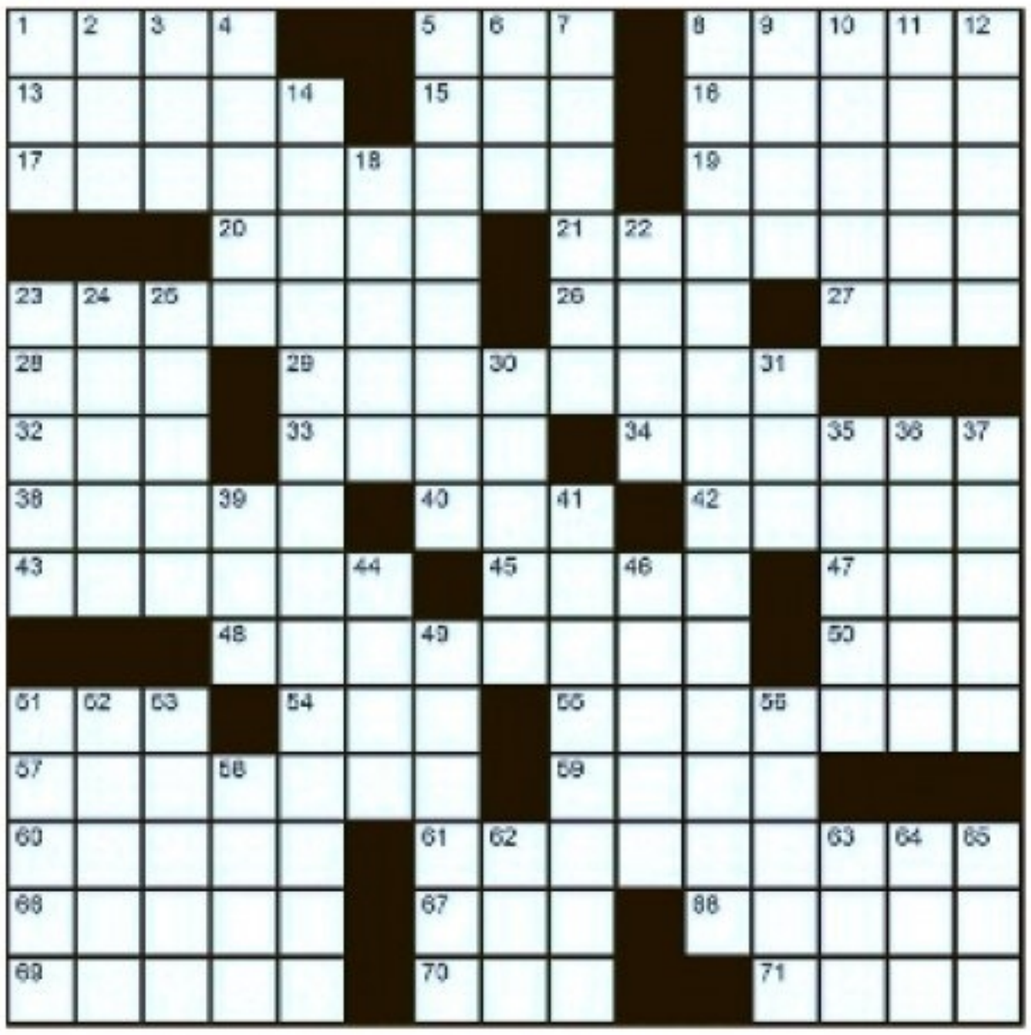
3. Take a thick slice of bread, cut it in half and, down the center of the slice to nearly the other corner, cut a pocket. Take a tablespoon or so of the cheese mixture and fill the pocket. Dunk the 1/2 slice into the egg mix, flipping to fully coat. Continue until you've filled and dunked all the triangles.

4. Place slices in a warm frying pan that you've coated with a tablespoon of butter. Cook on both sides until golden brown. Remove from pan and serve with blueberries, sprinkle of coconut and maple syrup.

FOR MORE MEAL IDEAS, VISIT SWEETPOTATOCHRONICLES.COM

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Podium
5. Green Gables home, commonly
8. Baltimore NFL player
13. _ _ nothing
15. Ms. Rand
16. Express a thought
17. Like a movie with Oscar-winning stars
19. Stupefy
20. Italian car
21. Approximate
23. Move onward
26. Long-snouted fish
27. Bashful
28. Flyer to a flower
29. 'On the Edge of Everywhere' port town in Nova Scotia
32. Friend: French
33. Through
34. 1982 Robin Williams movie character based on the John Irving novel, _._. _
38. Polynesian archipelago kingdom
40. Wood cutter
42. Irish actor, Milo _
43. Some written works
45. Bank dealing
47. Ms. Miller
48. TV show backers
50. Born, in bridal bios
51. Tree chopping
54. Fleuve's flow-er
55. Cracks the cipher
57. Hangar hangout
59. Farm fabrication
60. Shut-eye
61. Do this a little in the Trooper song: 2 wds.
66. Relating to bristles
67. Lodge
68. _ _. Coyote
69. Pontificate
70. 'Yes' at sea
71. Detect

DOWN
1. Stealing bird
2. Ginger drink
3. _-defined (Vague)
4. Syllable-singing system
5. Designs
6. Blinker
7. Canadian bookstore
8. Canadian invention in the workshop since 1908: 2 wds.
9. Acme
10. Some charge cards
11. Cain's biblical son
12. Mesh-like
14. Gordon Lightfoot song that seems fitting for April's weather: 3 wds.
18. Chocolate source
22. Seagoing, shortly
23. Slacken
24. Audition tapes
25. Leaf's lines
30. Servings of food
31. Sci-Fi writer Mr. Wells, et al.
35. "Can you give me _ _?" (I need some help here)
36. Ms. Zellweger
37. Window parts
39. Motorist's purchase
41. _ Racetrack (Venue of the Queen's Plate every summer in Toronto)
44. Glide
46. Spheres
49. Beaver-like rodent called a 'river rat'
51. Rodeo rope
52. Edmonton NHL player
53. Film legend Ms. Garbo
56. "Union's been on strike / He's down _ _ luck ...it's tough, so tough." - Bon Jovi
58. _ moss
62. "Well, in _ event..."
63. "Lucky Man" gr.
64. Mr. Tolstoy
65. Allow

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Today you feel down-to-earth about life. You want to approach practical projects in a tangible way. Nevertheless, this is a poor day for important decisions or major purchases.

Taurus April 21 - May 21
Behind-the-scenes research might reveal something useful for you today. Listen to the advice of others, especially those who are older or more experienced.

Gemini May 22 - June 21
In discussion with groups and friends, someone will have some practical advice for you. Quite likely, this person is older or more experienced. Nevertheless, postpone important decisions until tomorrow.

Cancer June 22 - July 23
You will impress people in power today because they see you as reliable, conscientious and practical. However, this is a poor day to volunteer for anything or to agree to anything important. Wait until tomorrow.

Leo July 24 - Aug. 23
You can accomplish a lot of studying or learning something new because it's easy to concentrate today. A teacher or guru-like figure might impress you.

Virgo Aug. 24 - Sept. 23
Do your homework today to tie together loose ends regarding inheritances, taxes, debt and insurance issues. Nevertheless, this is a poor day for important decisions.

Libra Sept. 24 - Oct. 23
Discussions with partners and close friends will be practical and concern long-range plans for the future. Just kick these ideas around, because you should postpone important decisions until tomorrow.

Scorpio Oct. 24 - Nov. 22
You will accomplish a lot at work today because you find it easy to concentrate and pay attention to detail. You won't even mind doing routine tasks. Bravo!

Sagittarius Nov. 23 - Dec. 21
Children might be a serious responsibility today. This is also a good day to deal with practical applications for creative projects.

Capricorn Dec. 22 - Jan. 20
A family discussion with someone older might be helpful today. This person might choose to offer you assistance.

Aquarius Jan. 21 - Feb. 19
You're in a serious frame of mind today, which is why you are willing to do routine tasks that help you feel better organized. This is also a good day to study new subjects and learn something.

Pisces
Feb. 20 - March 20
You're in the frame of mind to make financial plans for the future. That's fine. Do your homework. But postpone important purchases and important decisions until tomorrow.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

9				2				7
			9		6			
	5	1				2	3	
	9			1			8	
7								5
	6			8			7	
	4	5				7	9	
			1		8			
1				5				2

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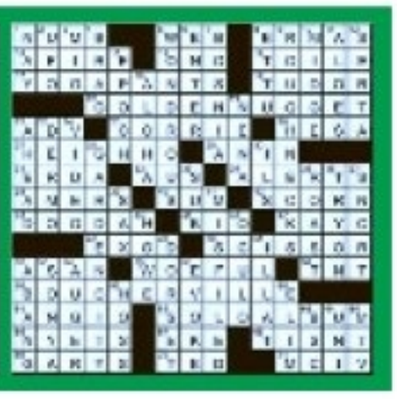
YESTERDAY'S ANSWERS

Your daily crossword and Sudoku answers from the play page.

for more fun and games go to metronews.ca/games

6	5	3	8	1	9	7	4	2
7	2	8	6	5	4	3	1	9
1	9	4	2	3	7	5	8	6
2	7	5	1	8	6	4	9	3
3	6	1	4	9	5	8	2	7
8	4	9	3	7	2	1	6	5
5	8	2	9	4	3	6	7	1
4	3	6	7	2	1	9	5	8
9	1	7	5	6	8	2	3	4



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